

Abstract of the Invention

Method and system for illuminating a selected body component with light to encourage selected beneficial reactions of the body component as a result of such exposure and to provide phototherapy. Light is provided using a light delivery module having one or more components that fit around a body component (e.g., as an electronic bandaid), or fit within a mouth or other body cavity, for dental or mouth interior or cavity interior therapy, or are located at a particular site (such as an acupuncture terminal) on the body, where each light delivery component can be independently controlled and can be supplemented by one or more magnetic fields. The body component is exposed to light in first and second substantially nonoverlapping wavelength ranges and to light in third and fourth substantially nonoverlapping wavelength ranges, in a first time interval and in a second time interval, respectively, that are separated by a selected dark field time interval where substantially no light exposure occurs, except for ambient lighting. An integrated power supply allows operation and recharging simultaneously and/or provides power for two or more related light delivery elements at related times. Phototherapy can be provided as a replacement for, or supplement to, conventional acupuncture treatment.